What do you think is the most important word in the dictionary? President Spencer W. Kimball answered when he said, "that perhaps the most important word is remember and that our greatest need is to remember" ("Circles of Exaltation", address to religious educators, Brigham Young University, June 28, 1968, 8). Sometimes we become so busy with our daily activities that we don't always remember the Lord. So how can we "always remember him" ? We can think of him often and of what he would have us do. We can pray, read the scriptures, and keep the commandments. We can remember our blessings and thank our Father in Heaven for his goodness to us.

I am convinced that the problems we face today and the reason that we make bad choices is because we forget who we are. We are children of our Heavenly Father. We accepted His plan for our happiness and eternal progression, or we would not have been given the privilege of coming to earth in the first place.

The problem is that too often we forget who we really are and make bad choices because we just don't remember.

There are dozens of references where prophets counsel the people to "remember" or "bring to their remembrance" the covenants they had made. Alma encouraged his son, " Remember, my son, and learn wisdom in thy youth" (Alma 37:35). Helaman reminded us, " Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation" (Helaman 5:12).

Helaman knew how important it is to remember. He urged his sons Nephi and Lehi to remember to keep the commandments of God. He asked them to remember the great men they were named after. He asked them to remember the words of the prophets. Most of all, he asked them to remember that Jesus Christ would come to redeem the world.

Nephi and Lehi did remember the teachings of their father. They were valiant men who kept the commandments of God all their lives. We come to sacrament meeting every Sunday to take the sacrament. It is a time to rememberour baptismal covenants. When someone blesses the sacrament, we hear him say, " Always remember him and keep his commandments" (Moroni 4:3).

I often think of the reasons why some members become inactive. I have come to the conclusion that one reason is that people "forget". I don't mean forget in the sense that something slips our mind, but in the sense that somehow, we lose the intensity of our contact with the Spirit. If we could only maintain that intensity, perhaps we would always choose the right.

Let us all remember our covenants. Let us recall our spiritual experiences. Let us remember and share with others the testimony we have received through the Holy Ghost. Brothers and sisters, remember, remember that it is upon the rock of our Redeemer, who is the Christ, the Son of God, that ye must build your foundation.